



# low back pain

make a *personal* commitment  
to your health

**You don't want low back pain to control your life.**

**Neither do we.**

*Low back problems tend to be as individual as the people who have them. That's why we designed **CIGNA Well Aware for Better Health® for low back pain**. A program that helps you work with your doctor to develop a detailed action plan – not only to decrease low back pain, but also to manage your condition more effectively. We'll also provide educational materials selected to meet your personal needs. The only thing you really need to add is your personal commitment.*

**A personal back-up system.**

You're probably already receiving care for low back pain through your doctor. So how does **Well Aware** support your doctor's treatment plan? For one thing, it helps you become more responsive to your own needs. Not just by taking aspirin or other pain medications. But also by making simple changes that can help ease your symptoms and strengthen your back muscles. Depending on your diagnosis, that may include changing how you sit, stand or sleep. Starting a weight loss program. And doing daily exercises geared to your needs.

Knowing your back's strengths and weaknesses is vital to good preventive care. **Well Aware** will provide personalized support that includes access to our website for helpful articles and reminders of special health measures you can take.

And because there's no substitute for personal contact, **Well Aware** has a team of registered nurses and other clinicians available to you by phone 7 days a week, 24 hours a day. They're here to support you. And to offer the reassuring benefit of their experience with people living with low back pain.



**CIGNA**

*A Business of Caring.*



### Take control of your life.

Low back pain doesn't have to keep you from a fulfilling, active life. Through **Well Aware**, you'll learn to strengthen your defenses to decrease and avoid pain. To keep your weight down and exercise wisely. And to make other simple lifestyle changes you've worked out with your doctor's guidance. And when you're tired, stressed out or just feeling pressure in your back, you'll be better equipped to deal with it. With the right plan and the right medications. So you can spend less time being in pain and more time living your life.

### Our commitment.

To help us deliver high-quality service that you can rely on, the **Well Aware** program for low back pain works with Healthways, Inc., the nation's largest, most experienced disease management company. With 20-plus years experience, Healthways provides services to more than one million people, and is the winner of the prestigious Comprehensive Disease Management Company Leadership award.

### Find out more.

For more information about the **Well Aware** program for low back pain, call the **Well Aware** team at **1.866.797.5833**, or visit our website at [www.cigna.com/wellaware](http://www.cigna.com/wellaware).

If you have questions about your benefit plan, please call your health plan's Member Services.

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